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INTRODUCTORY

# REMARKS

OF THE

## AMERICAN HYGIENIST,

WILLIAM SEARS.

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MAN'S GREATEST AND BEST EARTHLY TREASURE—HEALTH  
PRESERVED—OR LOST, RESTORED.

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## INTRODUCTORY REMARKS

OF THE

**AMERICAN HYGIEST,**

**WILLIAM SEARS.**

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THE American Hygiest, in introducing himself and his invaluable Medicine to the public, would observe, that his knowledge, of the nature of disease and of the properties and effects of medicine, has been the result of much laborious research, experience, and experiment, occasioned by unusual sufferings, from a most obstinate and unyielding dyspepsia, for thirty years.

At the age of twenty being a student of Union College, at Schenectady, I was attacked with a bilious fever, which confined me for several weeks. Resuming my studies and continuing them for a length of time, whilst in a state of debility, prevented me from regaining my health. The digestive organs had become so inactive and debilitated, as to be scarcely able to perform their natural functions, so as to sustain life; and some symptoms indicated a diseased state of the liver. I relinquished my studies, and having a brother a physician, in practice with an eminent physician in that part of the country, I committed myself entirely to their medical treatment. For several weeks, calomel, in small doses, was the principal medicine made use of. I soon became so debilitated, as to be confined to my room for several months, and during several years I was unable to walk more than twenty rods at a time. As soon as my health would permit, I commenced travelling by land and water; I visited the principal cities on our coasts, spent several summers in Boston and on the Eastern Shores, and

several winters in Georgia. I made two sea voyages across the Atlantic, and spent nearly one year in the mild climate of Portugal. I consulted the most eminent physicians in all the principal places I visited, and faithfully followed the prescriptions of many, both in regard to medicine and diet. Indeed I became pretty well acquainted with almost all the cathartics, carminatives, alkalies, and tonics of *Materia Medica*.

Having devoted ten years to travelling and faithfully following the most approved prescriptions of medicine and diet, without receiving any permanent benefit, I resolved to become my own physician. I read attentively many of the leading medical authors, such as Cullen, Brown, Darwin, Rush, and several others. My disease appeared to consist in a loss, or want of, the natural peristaltic action of the stomach and bowels, and of biliary obstructions of the liver. My attention was therefore directed to the attainment, if possible, of some preparation of medicine, which should be calculated to excite and maintain a natural action throughout the digestive organs, remove bilious matter and biliary obstructions, and promote the natural secretions of the liver. For this purpose, I combined in various forms, almost all the cathartic and tonics of *Materia Medica*. Not being fully satisfied, however, with any of these preparations, I directed my researches to the vegetables of our country. Having for several years, devoted much time and attention, to an examination and investigation of the medicinal virtues and effects of a great variety of American vegetables, I have succeeded in discovering those possessing the property of exciting, and sustaining a natural peristaltic action in the stomach and bowels; of carrying off bilious matter, and removing biliary obstructions, and promoting the healthy secretions of the liver.

The efficacy and effects of this preparation of medicine, which I have designated by the appellation of the *American Hygiene Vegetable Renovating Pills*, have been abundantly tested by my own experience, and that of many others. I can therefore assure the public, that, as far as I am entitled to their confidence, so far they may be relied upon, as possessing the medical properties, and producing the good effects which I have ascribed to them.

In coming before the public with the result of my own researches and experience of the nature of disease, and of the efficacy and effects of medicine, I do not intend to dero-

gate any valuable medicine now in use, nor to detract the regular practice of the *Materia Medica*. No person can have a higher estimation than I have, of the value of medical science, and of the absolute necessity of a systematic and general acquaintance with it, in order to practice medicine with safety and success. And none can be more opposed than I am, to that empiricism or quackery, which denounces the regular systematic and scientific study and practice of medicine, and substitutes in their stead, certain nostrums and specifics for the cure, indiscriminately, of all diseases.

Although I do not pretend to have acquired a perfect knowledge of Physiology, Pathology, and *Materia Medica*, in their full extent, yet I do pretend to understand the nature of certain diseases, and the medical treatment which they require. My own experience having led me to an investigation of the causes of dyspepsia and complaints of the liver, I have possessed the means of obtaining a more perfect knowledge of those diseases which originate from a disordered state of the digestive organs, and the medical treatment which they require, than almost any physician; and this knowledge has been the result of my own laborious researches, experiments, and observations, both of the nature of those diseases, and the effects of a great variety of medicine on myself and others.

Being an American, native of this state, and known to many of its most respectable citizens, it would indeed be the height of indiscretion and folly in me, to offer to the public, with so much confidence, the result of my own researches and experience, were I not conscious of having maintained a character for religious consistency and moral rectitude, which would justly entitle me to the esteem and confidence of the public.

These Pills which I now offer for the benefit of the public, have been obtained by much laborious research and experiment. They are American—their composition is unknown to any *Materia Medica*. They are entirely vegetable, and the production of my own investigations. The principal ingredients of which they are composed have never entered a druggist's shop; but have been extracted, by means of an expensive chemical process, from vegetables gathered during the summer past, from the valleys and mountains of Saratoga county, in the state of New-York.

The American Hygiene Vegetable Renovating Pills, are

designed to remove the cause of all those diseases which originate from a deranged or disordered state of the stomach and intestines. It must be obvious to every person, that a good state and condition of those organs are absolutely necessary to the enjoyment of good health. It is, therefore, of the utmost importance, that every individual, and especially heads of families, should become somewhat acquainted with the formation and structure of the digestive organs; and possess, at all times, the means of arresting, in their incipient stages, those diseases which originate from a deranged or disordered state of those organs. By this precaution, serious and fatal diseases may be prevented, health preserved, and expense saved.

The American Hygiest, a Concise Treatise on the Physiology and Pathology of the digestive organs, which is now offered to the public, will, I trust, contribute to the better understanding of that subject; and the possession of the A. H. V. Renovating Pills, now offered, will enable individuals and families to become, in a great measure, their own physicians; in curing and preventing those diseases which are occasioned by a disordered state of the stomach and intestines, and derangement of the functions of the liver.

It must be obvious to the most common observer of disease, that the digestive organs are easily and frequently disordered, and produce a great variety of unpleasant and obstinate diseases. A derangement of the biliary secretions is most commonly the effect of a disordered state of these organs. To remove biliary obstructions, and restore the functions of the liver to their natural and healthy condition, preparations of mercury have been considered, by physicians generally, as the most effectual remedy. And it cannot be doubted, but that mercury has a direct effect upon the liver, in removing biliary obstructions; but it is equally certain, that in doing this, it produces other unpleasant and deleterious effects. It nauseates and impairs the tone of the stomach, and greatly debilitates the digestive organs. Hence it often happens, although obstructions may have been removed, that before tone and strength has been restored to the digestive organs, the same obstructions return, and require a repetition of the same unpleasant and uncertain means. These Pills will produce all the good effects of mercury, in removing biliary obstructions, and promoting the healthy secretions of the liver, and at the same time give tone and strength to the digestive organs. They may with perfect



safety and certainty be relied upon, as being more efficacious in functional diseases of the liver, than any preparations of mercury ; and, as a common family medicine, to be taken on all occasions of indisposition ; they are not surpassed by any medicine.

The immediate effect of these Pills, when taken according to the directions accompanying them, will be, to excite an increased vermicular or peristaltic action throughout the stomach and intestines, and produce a discharge from them, of all the morbid, bilious, and offensive matter which they may contain. They also operate directly upon the liver, increase its action, and promote its healthy secretions. They may be relied upon as an effectual and sovereign remedy for all diseases of the liver, originating from bilious obstructions, or derangement of the biliary secretions. They also stimulate the absorbent vessels into action, remove all obstructions, and promote and sustain all the natural secretions of both sexes, and produce a general diaphoresis or perspiration over the whole system ; removing all cutaneous eruptions, and rendering the skin smooth and clear. The countenance, which has become sallow and deeply tinged with bile, will, by a few week's faithful use of these Pills, resume its natural, clear, and bright appearance. And in producing all these salutary effects, they will not debilitate, but strengthen and invigorate the whole system. So perfectly do I understand the properties of these Pills, and so much have I experienced and witnessed of their efficacy, that I am confident that they cannot fail to produce the effects which I have ascribed to them, any sooner than opium can fail to produce its narcotic effects.

Obstinate cases, however, may occur, which will require a treatment somewhat different from that prescribed, and in such cases on application at the office of the American Hygiene Vegetable Medical Dispensary, the necessary advice and directions would be obtained.

These Pills are not offered as a specific for all diseases, but they are confidently offered, as a sure remedy (if taken in season) for all diseases, originating from a disordered state of the digestive organs, and derangement of the biliary functions. Such as Indigestion, Costiveness, Bilious Cholice, Piles, Nervous and Sick Headache, Hypochondria, Yellow and Black Jaundice, Cholera Morbus, Cutaneous Eruptions, Scrofula, Erysipelas, Heartburn, Sourness of Stomach, Loss of Appetite, General Langour and Debility, and they



are peculiarly efficacious in curing Liver Complaints, removing Pains in the Side, Breast, and Shoulder, and also in curing and preventing Fever and Ague, and Bilious Fever.

These Pills are well adapted for daily use, in cases of habitual costiveness. The action, excited by them, is natural, easy, and effectual. Persons subject to costiveness, by taking such a quantity of them every night, as to produce a movement of the bowels, during the next morning, would be greatly benefited. They have a direct tendency to restore to the intestines, that natural peristaltic action, which is, in a great measure lost, in cases of habitual costiveness. Individuals and families would find it conducive to their interests and health to have recourse to them, whenever the stomach or bowels are in the least disordered. A few of them taken, when the symptoms of the sick headache first make their appearance, will seldom fail to prevent it. They are suitable for young children in all cases in which the stomach and bowels are disordered. Dose, from half a pill to two or three, according to age.

In conclusion, I would remark, that in giving a description of the properties and efficacy of the A. H. V. Renovating Pills, no exaggeration has been made. That they do possess the qualities and properties attributed to them, and will produce the effects ascribed to them, I do give the most solemn assurance; and pledge my reputation and character, that a strict and discriminating trial of them, will result in the same conviction. And I would here observe to those who are afflicted with Dyspepsia or the Liver Complaint, of long standing or obstinate character, that it would, probably, be conducive to the more speedy restoration of their health, to call on me at the office of the A. H. V. Medical Dispensary, in the city of New-York, where advice respecting the use of the A. H. V. Medicine, may at all times be obtained gratis.

In regard to my moral and religious reputation and character, I would refer to the right Rev. Bishop Onderdonk, D. D. and the Rev. Dr. Spring, of New-York; and present to the public—

*The two following Certificates, from the Hon. John W. Taylor, and the Hon. Judge Samuel Young, whose names and characters are well known to the public.*

I CERTIFY that I have been well acquainted with WILLIAM SEARS, now of the village of Ballston Spa, for

more than thirty years. He has through life maintained a fair reputation. His character for truth and general integrity stands high, indeed I have never heard it impeached.

*Ballston Spa, N. Y. Oct. 6, 1834.* JOHN W. TAYLOR.

I have known Mr. William Sears for more than thirty years, having resided most of that time in the same town with him; and during that period he has sustained a moral character without reproach.

*Oct. 8th, 1834.*

S. YOUNG.

And in addition to these I would refer to Mr. John Satterlee, Esq., Cashier of Greenwich Bank, Mr. V. R. Satterlee, Esq., Messrs. Burr, Wakeman, Samuel Satterlee, John Disturnell, Czar Dunning, Rueben Westcot, Egbert Barnum, and Stephen Wakeman, Merchants, and Samuel Hinman, Esq. of this city.

*Extract of a Certificate from Mr. James Comstock, Editor of the Ballston Spa Gazette.*

For several years past, Mrs. Comstock has been affected with an unusually obstinate dyspepsia, attended with a great degree of acidity of the stomach, and redundancy of bile, which rendered it necessary for her to have recourse, frequently, to calomel and severe external applications. She has followed the directions of several good Physicians—she has taken calomel after calomel, and been tortured with blisters, and used various prescriptions of medicine, including the British Hygiene Pills, without receiving any permanent benefit. About four months since she commenced taking Sears's A. H. V. Renovating Pills, and has used no other medicine. Her health has improved more by the use of them, than by all the means she has ever employed. Their effect has been to correct the acidity of the stomach—to carry off the bilious matter, and give tone and strength to the stomach and bowels. They have not produced those nauseating and debilitating effects which have attended the use of former medicine,

but have greatly strengthened and invigorated the whole system.

JAMES COMSTOCK.

*Ballston Spa, Oct. 1st, 1834.*

*Extract of a Certificate from Mrs. Powel, the wife of the Hon. Judge Powel, of Milton, near Ballston Spa.*

For many years past I have been much affected with the symptoms of a liver complaint, which have frequently been attended with a pain in my side, so severe as to confine me. I have been obliged to have recourse to calomel, and have taken dose after dose, and suffered severely without receiving much, if any, permanent benefit. About three months since I commenced taking Mr. Sears's A. H. V. Renovating Pills, which have greatly relieved me, and rendered entirely unnecessary the use of any other medicine. I have received more benefit from them, than I have from all the calomel and other medicine which I have ever taken; and have enjoyed better health since I commenced using them, than I have for many years past. Others of my family have also used them, and experienced salutary effects from them. They do not, in their operation, nauseate and debilitate as catharticks commonly do, but give strength and energy to the whole system. I do highly esteem them, and recommend them to all who are affected, as I have been, with a liver complaint.

ANN POWEL.

*Milton, Oct. 3d, 1834.*

*Extract of a Certificate from Col. Uriah Gregory, one of the oldest and most respectable inhabitants of the town of Ballston.*

Having myself and family, been subject to the Cholera Morbus, we have during the summer past made use of William Sears's A. H. V. Renovating Pills, and have found them very efficacious and salutary in their operations.

URIAH GREGORY.

*Ballston, Sept. 1834.*

*Extract of a Certificate from Mr. Samuel Hinman, who has resided for many years in this city, and who has for several years been an Elder in the Presbyterian Church.*

Mr. W<sup>M</sup>. SEARS,

SIR—Having made use of your A. H. V. Renovating Pills, in my family, and witnessed the most salutary effects from them, I take a pleasure in stating it to you, and recommending them to the public. Two of my family have been materially benefitted by the use of them. Mrs. Hinman more especially has been greatly relieved by them. For several years past she has suffered much from bilious and pulmonary affections, and for several months previous to her taking these Pills, her life was almost despaired of. By the use of your medicine, she has, in a considerable degree, regained her health. She has received more benefit from it than from any other medicine she has ever taken. Others of my family have used these Pills and found them efficacious in carrying off bilious matter, and strengthening and invigorating the digestive organs.

SAMUEL HINMAN, No. 15, Amos-street.

New-York, Oct. 1834.

*Extract of a Certificate from Mr. Alexander Watson, of this City.*

For several months past, I have been much troubled with a bilious habit, attended with an inactive and costive state of the bowels, and rheumatic affections, I have made use of the Medicated Vapour Bath, and various kinds of Medicine, without receiving any benefit. Seeing Sears's A. H. V. Renovating Pills advertised, I was induced from the recommendations attached to them, to make trial of them. In a few days they afforded me great relief, and in the short time in which I have taken them, I have experienced more benefit from them, than I have received from any medicine. Their operation has been natural, easy, and effectual. Others of my family have been indisposed and have used them, and received much benefit. I can with confidence, recommend them to individuals and families, as a safe and effectual medi-

cine, in all cases in which the stomach and bowels are disordered.

A. WATSON, 209, Henry-street.

New-York, Dec. 8, 1834.

*Extract from Certificate of Mrs. Hinman.*

For several years past, I have been, at times, greatly afflicted with a cough, often so severe and distressing, as to very much alarm me. Having recently taken a little cold, my cough became troublesome and alarming. I applied to Mr. Sears for a bottle of his A. H. V. Cough Syrup, which soon entirely relieved me of my cough. No medicine which I have ever taken has afforded me so much relief. I can recommend the Syrup with great confidence to all who are troubled with a cough. ANN HINMAN.

New-York, Jan. 19, 1835.

15 Amos-street.

*Extract of Certificate from Mr. James Comstock, Editor of Ballston Spa Gazette.*

Having for several years been much troubled with the Piles, and after having tried many preparations of medicine without finding relief, I had recourse to Mr. Sears's A. H. V. Piles Ointment, one box of which entirely relieved me. It is now several months since I made use of it, and I remain perfectly free from the Piles.

Ballston Spa, Oct. 1834.

J. COMSTOCK.

In regard to the Anti-hy-drop or Dropsical Pills, I would observe, that, their efficacy has been fairly tested, and although no certificates of their effects are made public, yet such are in my possession, and can be seen by calling at the office of A. H. V. Medical Dispensary. And I would here observe, that, my researches for the discovery of the Medical properties contained in the Renovating Pills, and other fortuitous circumstances, were the causes of my ascertaining the medicinal virtues of those vegetables, from which the Cough Syrup and Dropsical Pills are composed. The Piles Ointment I have made use of for many years, and can recommend it as an effectual remedy for that disease.

W. SEARS, A. H.

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**NOTE.** The A. H. V. Renovating Pills are put in packages of 2 and 3 boxes; the smallest containing 50 or more Pills; the middle size 100 or more, and the largest 200. Price 50cts.—\$1.—and \$2.

N. B. Those wishing to purchase my medicine, are requested to be particular to inquire for Sears's American Hygiene Vegetable Medicine, as there may be other Hygiene Medicine sold at the same places.

The A. H. V. Medicine is offered for sale in the city of New-York, at the office of the A. H. V. Medical Dispensary, 132 Nassau-street, and the following Bookstores, viz:

Mr. J. Disturnell's 155, and Mr. R. Lockwood's 415 Broadway; Mr. A. Bleakley's, 242 Hudson-street; Mr. J. C. Shaw's, 134 Bowery; and Mr. F. B. Callender's, 171 William-street.

And also at the following Drug-stores, viz:

At Mr. W. Simmonson's, 79 Fulton-street corner of Gold-street; Mr. N. B. Graham's, jun. 38 Cedar-street, corner of William-street; Mr. J. H. Hart's, corner of Broadway and Chambers, and Hudson and North Moore-streets; Mr. Quackenbush's 709 Greenwich-street; Mr. S. Hinman's corner of Eighth Avenue and Eighteenth-street, and Mr. G. W. Embree's, 77, East Broadway: and in Brooklyn, at the Bookstore of Mr. William Bigelow, 55 Fulton-street.

N. B. The American Hygiest, a concise Treatise on the Physiology and Pathology of the Digestive Organs, by William Sears, A. H. is for sale at all places where the medicine is kept.





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